generating a control signal which sets an operating point of said modulator by comparing said adjustable reference signal and said spectral distribution signal.

- 2. (Amended) The method as claimed in claim 1, further comprising the step of separating a measuring signal which is fed to said frequency discriminator from said amplitude-modulated optical signal.
 - 3. (Amended) The method as claimed in claim 1, further comprising the steps of:

determining said spectral distribution signal at a start of a transmission path; and

setting said reference signal based on properties of said transmission path.

- 4. (Amended) The method as claimed in claim 1, further comprising the steps of:
 determining said spectral distribution signal at a receiving end; and transmitting said spectral distribution signal or a control signal generated therefrom to said modulator provided at a transmitting end.
- 5. (Amended) The method as claimed in claim 1, wherein said control signal is obtained during periodically occurring time windows.
- 6. (Amended) An arrangement for optimizing an amplitude-modulated optical signal, comprising:
 - a light source;
- a modulator having an output, said modulator being fed an optical signal from said light source and a digital signal for amplitude modulation;
- a frequency discriminator which outputs a spectral distribution signal that is connected to said output of said modulator via a splitter; and
- a control device with a reference signal setting device which is fed said spectral distribution signal and which generates a control signal which controls an operating point of said modulator.

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